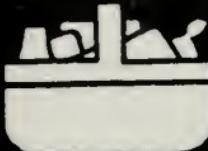


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HOW TO PROTECT YOUR PICNIC FOODS
(Information from Bureau of Home Economics, USDA)

1. Picnic containers - if you picnic a lot, good advice is to get picnic hamper or basket with compartment for holding ice, or large-mouthed termos jugs to keep foods cold.

Suggestion for occasional picknicker: large pail or tub with ice - food securely wrapped in waxed paper or placed in jars - put in pail next to ice.

2. Ground cooked meats, meat sandwich spreads, fish, certain egg foods like custards and cream puffs: must be

(over)

kept thoroughly chilled until eaten.

3. Most picnic foods keep better, taste better if made just before starting out. Exception: potato salad & deviled eggs can be prepared ahead to season, but should be chilled immediately and kept cold until eaten.

4. Vegetables & fruit - crisp vegetables, wrap in waxed paper, keep cool until eaten.

5. Water - drink only water approved or certified by Board of Health.

6. Choice of food - prepare balanced menu, like any meal.

7. Health tip - year-round rule, but particularly important in summertime: don't indulge in physical exercise immediately before you eat, or immediately after.

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